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Bellingham's Favorite Hometown Newspaper

November 2022



Bellingham High School's "Operation Graduation" Turns 30

By JENNIFER RUSSO

30 years ago, a long-time tradition for the Bellingham High School seniors began. Operation Graduation is a parent-led program which began back in 1993, with the purpose of offering the senior class one last great night together to have fun and create positive memories of their final high school year. The program aims to provide a fun and safe environment for the students on graduation night.

At the time when this program started, there was a lot of concern about kids drinking and driving and many campaigns from MADD/SADD. Parents thought an all-night party at the school and hosted by parents would be a great way to keep everyone safe. It still holds true to its mission – an all-night, drug-free, and alcohol-



free party, organized and thrown by their parents and always entirely free for graduating seniors.

"My husband was in the first senior class that participated in Op. Grad, and my class was the second - the theme for mine was Cruising Through the Night and the parents helped to build props like coconut trees and a ship. We had casino games, a movie the-

URNS 30

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Speakers for Bellingham's Veterans Day Program will include Navy veterans James Begley and Bill Elzroth, both of Bellingham, and keynote speaker Lt. Col. Andrew A. White, Comd. for the U.S. Army Garrison at Natick Soldier Systems Center.

Veterans Day Program Nov. 11 at Bellingham Library Municipal Spotlight

By KEN HAMWEY,
CONTRIBUTING WRITER

The 10th annual Veterans Day program is scheduled for Friday, Nov. 11, at 11 a.m. at the Bellingham Public Library.

The number 11 dominates the timing of the holiday, which was originally called Armistice Day. A peace treaty ending World War I was signed in 1918 and the agree-

ment occurred on the 11th hour of the 11th day of the 11th month.

"Although our country has been experiencing challenging times, we must not forget the service and sacrifice of Bellingham veterans, past and present," said Jim Hastings, who's been the Chairman of the Memorial and Veterans Day Committee for the last 15 years. "On Nov. 11, we can

pause, reflect and honor their service, courage and commitment."

The program will begin with the Blackstone Valley Young Marines posting colors and Robbie and Joe Oliver singing the National Anthem. Pastor Baron Rodrigues of Bellingham's First Baptist

VETERANS

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Note from the Publisher:

Please note that in the October edition, on page 7, the Shawn Dooley Political Spotlight was a paid advertisement.

Unfortunately the words PAID ADVERTISEMENT were not included as part of the disclaimer in error.

Our apologies for any confusion this may have caused our readers. As a media source, We maintain our neutrality in all political matters and do not endorse candidates.

Rausch Responds to Dooley Assertions

Thank you to the editor for clarifying that this paper does not make political endorsements and the opportunity to respond to falsehoods in an advertisement my opponent bought.

I am proud to serve as your State Senator. A mom of two young children, attorney with public and private sector experience, and champion of reproductive rights, I consistently deliver real results for our families. This term alone, I secured tens of millions of funding for local housing, water, transportation, and infrastructure, passed small business support legislation, and helped our youth by fully funding full-day kindergarten in Wrentham and creating the first state-sponsored youth mental health support text line. I crafted components of this term's reproductive health protections law; last term I championed reproductive rights legislation ensuring Bay Staters still had those rights when Roe fell, while my opponent voted no every time.

My opponent is campaigning unethically and deceptively, including spreading disinformation about my positions. I urge voters to compare our records.

Once you know the facts, you'll see why 50+ town leaders endorsed me: I'm the proven leader who best delivers for our shared values in the Senate. I respectfully ask for your vote by November 8. Thank you.

STATE SENATOR BECCA RAUSCH

From the Town Clerk:

In-person Early Voting and Mail-In voting continues as it has for a couple of weeks now.

Dates to keep in mind for the remainder of the Election Season:

October 29th: Last day to register to vote prior to State Election and Fall Annual Town Meeting.

November 1st: Last day to request a Mail-In ballot.

November 1st, 2nd, 3rd and 4th: Remaining days of in-person Early Voting at the Municipal Center

9AM-4PM on November 1st, 2nd and 3rd; 9 a.m.-1 p.m. on the 4th.

November 7th (at noon): Last day to request an Absentee ballot or to vote in-office.

November 8th: Election Day voting at the Bellingham High School Gymnasium 7 a.m.-8 p.m.

November 12th: Last day to accept Mail-In ballots with a postmark of November 8th or earlier.

November 16th: Annual Fall Town Meeting at the Bellingham High School Auditorium 7:30 p.m..

Happy Thanksgiving to all!



Save the Date! November 26th!

Annual Tree Lighting Ceremony

Bellingham Town Common

Join in for a festive time, with caroling, candy canes and the arrival of Santa Claus!



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URNS 30

continued from page 1

ater, and a disco bar, all set up around the school. I had such an amazing fun night with my friends! We partied from 8 p.m. until 5 a.m. the next day," says committee member Caitlyn McCann.

Other past themes have included "School of Rock," "The Wild West," "Welcome to the Jungle," and "Through the Years." Parents spend months pulling together the year's

theme and every activity down to the last detail. As you might have guessed, a program like this requires donations from Bellingham residents and businesses, fundraising events, and other help to make it a night to remember. It really relies on community support to make everything possible.

The committee is made up of five parents, and they have another dozen or so parent volunteers. They are actively recruiting more parents to help plan and participate in related events until they meet their goal

of \$25,000. On November 7th, at 6 p.m., they will host a Powder Puff game at the BHS turf field for the high school students, open to grades 9-12 for a cost of \$10 to play, \$5 to attend, and concessions will be available for purchase. On December 3rd, they will have a holiday craft and vendor fair at Bellingham High School, from 9 a.m.- 3 p.m. Tables are \$50, and those interested can get more information by emailing bhsvendorfair@gmail.com. More plans for after the holidays are being worked on, but they are sure to all be a

great time and raise money for this outstanding event.

This year's senior class has 124 students, and the theme and plans for the year are kept TOP SECRET.

"It's so special for us that it has come full-circle from our parents helping out, to us now helping out for our daughter," McCann shares. "I cannot emphasize enough that we need more parents to become involved."

If you are a parent of a child graduating next year and would like to be involved, you can reach out to Operation Graduation via their BHS Class of 2023 Operation Graduation Facebook page (you will need to request access). If you are an individual or business who would like to donate funds for this awesome program, you can send donations through Venmo at [@bhsmopgrad](https://www.venmo.com/bhsmopgrad)

Where to Accept and Give Help During this Thanksgiving

BY ASHLEY KAZIJIAN

The time of year many of us look forward to is right around the corner. While many of us are excited to welcome the holidays, there are always more of us struggling to get through. For many folks, additional support is almost always needed during the holidays. Whether your struggles are emotional, physical, familial, or financial (and so on...) there is always some form of additional support available when needed the most.

Most commonly, financial struggles are felt hardest during the holiday season by families and individuals. To add to this, the cost increases felt from inflation (across the board - but particularly in grocery stores) has added significant financial stress to many.

Bellingham is a community fortunate enough to have access to resources that ensure families and individuals are able to enjoy something we all look forward to during the holidays; food!

Here are some places to check out this Thanksgiving if you're in need of some help with dinner:

- Thanksgiving Basket Program (Loaves and Fishes food pantry - St. Blaise Church)

Contact for more information: Susan Durkin, Director (508) 966 2862, Sdurkinsaintblaise.org (please email no later than November 7th to sign up for a basket)

- Local Veteran's Associations
Contact for more information: Michael Hennessy, Administrative Assistant

to Bellingham's Veteran's Agent (508) 657 2801

- Meals on Wheels (508) 949 6640 or 1 (800) 286 6640
- Feeding America, Website: <https://www.feedingamerica.org/need-help-find-food/thanksgiving>
- FoodPantries.org
- United Way Feed-A-Family program: Website: <https://www.uwotc.org/feed>

If you're on the other end and find yourself able to help others in need this holiday season, here are some recommendations:

- Volunteer/donate at a local food bank or food pantry
- Host a food drive
- Donate food for Thanksgiving
- Make Thanksgiving baskets (sides, seasonings, bread mix, etc.)

Please contact Susan Durkin (Sdurkinsaintblaise.org) or visit <https://www.saintblaise.org/food-pantry> for more information on contributing to the Thanksgiving Basket Program through Loaves and Fishes.



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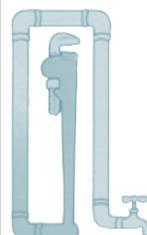



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VETERANS

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Church will recite The Pledge of Allegiance.

Hastings, who served in the Marine Corps, will offer opening remarks focused on the rigors and challenges that returning veterans face in their post-military days. Hastings and the committee continue to recognize the service of Bellingham veterans — recently adding banners on lamp posts at the town common.

“Bellingham’s military history involves many of its sons and daughters answering the call to serve their country,” Hastings said. “The town common display recognizes their service, and in the future we hope to add more banners that emphasize their sacrifice.”

Three speakers will be featured — Navy veterans James Begley and Bill Elzroth, both of Bellingham, and keynote speaker Lieutenant Colonel Andrew A. White, Commander for the U.S. Army Garrison at Natick Soldier Systems Center.

Begley, a Bellingham resident for 32 years, will speak about his four-year career in the Navy. He served from 1974-1978 on the USS Navasota at Guantanamo Bay Naval Base and also aboard the USS Saginaw. He was an engineman 2nd class petty officer.

During a Mediterranean cruise in 1978 he was on duty in Italy, Portugal, France, Spain, Turkey, Greece and Morocco.

“My time in the Navy was an experience I will never forget,” he said. “The people I served with, the places we went, the things we did together will always have a special place in my heart.”

Begley and his wife Cheryl have two children (Melissa and Daniel).

Elzroth joined the Navy after graduating from high school in 1960. His boot camp was in Waukegan, Ill. with additional training in Virginia Beach before he was assigned to duty in San Francisco on board the USS Neches, a fleet tanker that carried 6½ million gallons of oil and aviation jet fuel.

“We had aircraft carriers like the USS America, the USS Enterprise and the USS Constellation sail alongside and take on fuel while we were at sea,” Elzroth said. “They would take the whole load from us because they carried enough fuel for all the escort ships that accompanied them.”

While aboard the Neches, Elzroth participated in cruises to Japan, the Phillipines, Hong Kong, Taiwan and Vietnam.

“Events that stand out while serving in the Navy were the Cuban missile crisis in 1962 and the assassination of Presi-

dent Kennedy in 1963,” Elzroth noted. “I was in Japan at the time and the entire military was put on high alert.”

Elzroth and his wife Barbara, a Bellingham native, recently celebrated their 57th wedding anniversary.

Lieutenant Colonel White was commissioned as an Infantry Officer after graduation from the United States Military Academy in 2001. After completion of the Infantry Officer Basic Course and Ranger School at Fort Benning, Ga., he was assigned to Fort Wainwright, Alaska, where he served as a rifle platoon leader and headquarters company executive officer.

In March 2004, LTC White reported to Camp Greaves, Republic of Korea, and subsequently served in Habbaniyah, Iraq (2004-2005). He served as a company executive officer, battalion battle captain, and, finally, the battalion logistics (S4) officer. After re-deployment from Iraq to Fort Carson, Colo., he attended the Maneuver Captains Career Course at Fort Benning. LTC White then reported in June 2006 to Fort Carson. He served as the battalion operations officer (S3) during combat operations in Zafaraniyah, southeast Baghdad, Iraq (2006-2007).

Other combat tours include Afghanistan, and stateside assignments were at Fort Knox,

Ky., Fort Hood, Tex., Fort Leavenworth, Kan., and Fort Wainwright, Ak. On July 1, 2021, LTC White took command at Natick Soldier Systems Center.

LTC White earned a BS in History from the United States Military Academy at West Point, and an MS in Administration from Central Michigan University. His awards and decorations include: Bronze Star with two oak leaf clusters; Meritorious Service Medal with three oak leaf clusters; Army Commendation Medal; Army Achievement Medal; Combat Infantryman Badge; Expert Infantryman Badge; Parachutist Badge; Ranger Tab; and Sapper Tab.

LTC White and his wife, formerly Stacey Anne Beskow, have four children, Abigail (11), Nathanael (9), Micaiah (7) and Isabell (3).

Retired schoolteacher Lori Fafard and fourth grade students from the Memorial Middle School will present thank you posters to veterans at the ceremony for their service.

The program will continue with the Oliver Brothers singing “The Possible Dream,” a song whose lyrics are adapted from “The Impossible Dream.” It honors all veterans and their vision of a possible dream, and is available for purchase online with all net proceeds going to the local VFW Post and other veterans organizations and

funds. If interested, see the brothers after the ceremony for the website link.

Brief remarks by State Representative Mike Soter will follow and Rev. David Mullen, the pastor at St. Brendan Parish and a Navy veteran, will offer the closing prayer. The Young Marines then will carry the colors outdoors to the flagpole where Rick Marcoux, the Chaplain of the Bellingham, Franklin and Medway Fire Departments, will deliver a prayer at a wreath presentation at the flagpole.

The program will conclude with a moment of silence for deceased veterans and the playing of Taps. Light refreshments will be served.

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1. MA House Roll Calls #278, 293, 294, 317, 374 (2020); 279 (2017); 440 (2014); State House News, "State Capitol Briefs - Friday, Nov. 3, 2017"

2. Vote Smart, Shawn Dooley (accessed 10/19/22)

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US equities markets are down considerably in 2022 with S&P 500 Index -23.9% and tech-laden Nasdaq -34.0% year-to-date through October 16 (YTD 10/16).

At least there's the US bond market to help protect. Oh wait... given rampant inflation, the Fed's blunt instrument of raising rates is making bond values fall. Thus, the US Aggregate Bond Index is down -15.8% YTD 10/16.

Put it all together, a basic 60/40 stock/bond index portfolio is -20.5% YTD 10/16.

What's one to do?

Go to cash until you die?

Well, inflation would be an

issue. Consider the tales of lore from parents sharing how much they paid for their first house.

As painful as it has been, step back and view annualized returns of last 3-year period (10/17/19 to 10/16/22), S&P 500 Index is +8.25% and Nasdaq is +8.62%... in line with their 15-year and 25-year averages.

There are many aspects to successful financial planning, including being proactive to change, vetting all options for opportunity and giving yourself time to reflect prior to execution.

A year-end strategy to consider for turning lemons into lemonade is Roth Conversion.

Recall Roth Conversion is the taxable act of converting Traditional IRA assets into a Roth IRA. It increases your taxable income (MAGI) the year you convert and you should pay taxes with non-IRA funds. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free.

An added bonus is Roth IRAs are not subject to Required Minimum Distributions (RMDs) nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts. In short, you'll decrease your tax

liability for years in retirement.

Anyone, regardless of income levels, can convert to a Roth IRA. With portfolios down -20% (or more), market corrections provide an opportunity to convert IRA investments over to Roth, pay less in taxes (as values are depressed) and let the asset rebound inside the Roth over time.

There are complexities and variables, which many CFPs can help with projections, scenarios and provide recommendations beyond "should" or "should not." Proper planning allows you to estimate an appropriate amount to convert this year (and future years), project tax liability and compare scenarios of portfolio and net worth impact with assumptions.

Some considerations:

The pro-rata rule and taxes.

When converting, the IRS considers all traditional IRA account balances combined and you must figure out the proportion of which is nondeductible contributions, then use this percentage to determine how much of your

conversion will not be taxable. You can't choose to convert only after-tax money; the IRS won't allow it.

Not all-or-nothing. You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay taxes with non-IRA assets.

What's done is done. Given that tax law changes now prohibit conversion reversals ("re-characterization"), it is important to be measured, give yourself time to reflect and re-run the latest data before execution.

More to consider beyond this limited space, talk with your tax

professional or Certified Financial Planner.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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November Will See a Few Changes to Trash/Recycling

By DAVID DUNBAR

Every weekday, along Bellingham's 110 miles of roads and streets residents hear the rumble of trucks coming by to pick up their trash and recycling.

Five thousand tons of waste and 1,500 tons of recycled materials are collected every year according to Town Administrator Denis Fraine. The trash goes to a waste/energy facility in Millbury and the other stuff goes to a recycling center in Hopkinton.

"This is an important service we provide to the community," says Fraine. And the Town pays about \$1.1-million per year to collect waste and recycling and another \$350-thousand to dispose of it.

All those trucks belong to E.L. Harvey & Sons that has about 120 collection vehicles in MA, RI, and NH. The company is on a three-year contract with the Town, with two years remaining. "We competitively bid this con-

tract every three years," explains Fraine. "The Select Board conducts rate reviews and always keeps in mind the impact on residents with fixed incomes."

E.L. Harvey, based in Westborough, has about 350 employees, 4,000 commercial customers, and annual revenue of approximately \$110-million according to the website WasteDive (E.L. Harvey did not respond to our requests for comments). The company was founded by Emory Larkin Harvey in 1911 and has subsequently been run by four generations of Harveys.

Effective November 1, mattresses will no longer be picked up as part of regular trash collection. They can be dropped off at the Town's recycling center for free (it is open Saturdays and Sundays from 8 a.m. until 2 p.m.).

Trash/recycling discounts are available for seniors above the age of 65 which will reduce the quarterly cost by about half. "They need to come to the Department of Public Works on Blackstone Street and bring proof of date of birth," says the DPW's Barbara Sooklal. "Discounts will take af-



Trash pick-up on Center Street on Thursday morning. Town Administrator Denis notes that trash and recycling pick-up is an important service, which costs the town about \$1.1-million per year to collect and \$350-thousand to dispose.

fect at the time of application," she continues, "and they are not retroactive."

Sooklal adds a couple of things about trash and recycling. "Please wash out all the items you want to recycle. Bacteria can grow while inside the hot trucks as the items are transported, and that's not good."

"Metal objects including bed frames and refrigerators can still be picked up curbside, but please call E.L. Harvey at 1-800-321-3002 to make arrangements,"

she explains. Same goes for large wooden items like sofas and desks.

If your trash bin is full, you can purchase plastic bags to hold the excess. "They're available at the DPW... \$3 each or 5 for \$15, 45-gallon bags. People are really paying for the disposal of the trash, not just the bags," says Sooklal.

More information is available on the Town website: www.bellinghamma.org and click on the "Departments" heading to find Public Works.

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President's Own Marine Band Brass Quintet Performs at BHS for Students

By J.D. O'GARA

On Monday, October 17th, The President's Marine Band Brass Quintet performed at Bellingham High School for music students from Bellingham High, Bellingham Memorial School, Franklin High, Holliston Middle School, Holliston High school, Blackstone Millville Regional High School, and North Attleboro High school. The President's Own Marine Band is the premier military music ensemble, and they are currently on their Northeast Tour, something they do every five years.

Bellingham Music Teacher Marie Forte, aware of the band's tour, requested an educational concert through the band's website and reached out their education coordinator.

"The President's Own Marine Band is the elite musical organization of all the armed forces and ranks among the top musical

ensembles in the USA and world. We wanted to provide the opportunity for our musicians to see and hear world class musicians right here in their hometown," said Forte. Many of students also planned to attend one of the three concerts the same week in the area- Rhode Island College, Providence, Mechanics Hall in Worcester, or Symphony Hall in Boston.

Franklin music teacher and band director Leighanne Rudsit was pleased to bring her students to Bellingham for the concert. "It's just such an amazing opportunity for the kids to hear the elite players, and the fact the concert is free is a treasure," she said.

Franklin High School trombone player Elsa Robinson described the show as "really good. I really like the experience of seeing people who are the best on their instruments, because I'm also a brass player." Her fellow



student, alto sax player Casey Hasselbaum, added, "It was inspirational and a great honor to see them and hear about their experiences."

For more information about The President's Own United States Marine Band, visit

<https://www.marineband.marines.mil>.

"At Bellingham High School, our student musicians are in the middle of a chamber music curriculum unit, so this performance directly ties to our curriculum with a small chamber ensemble

(quintet) performance, added Forte. "By the way, the public is invited to our BHS Prism Concert which is a concert of small chamber ensembles on Wednesday, November 9th at 7 p.m. in the BHS Auditorium. Admission is free and open to the public."

Ladies of St. Anne November Events

Thirty-three Ladies were in attendance at the recent Covered Dish meeting enjoying a great variety of appetizers, main dishes and desserts.

In addition to other business, the Yankee Swap meeting to be held on November 10 was discussed. It will begin at 6 p.m. in the St. Blaise Parish Hall, 1158 S. Main St., Bellingham, and each person attending should

bring a wrapped gift, costing no more than \$20 (no sized clothing or food gifts).

If you are a Bellingham woman 18 years or older and would like to know more about the Ladies of St. Anne Sodality, you are invited to attend this meeting and join in the fun.

For more information you may contact Jay Castonguay, President, (774) 262-9605.



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Dog-Walking on the Rise in Bellingham and Beyond

BY DAVID DUNBAR

“Walking the dog
I’m just a-walking the dog
If you don’t know how to do it
I’ll show you how to walk the dog.”
- Rolling Stones, 1965,
Walking the Dog

For ages, humans have been walking their dogs... and even singing about it. More Americans also have dogs to walk since the COVID-19 pandemic, as an ASPCA survey found one in five households adopted a dog or cat from March 2020 to May 2021. Relatively new on the horizon is the possibility of paying a professional to walk the dog for you. According to Ibisworld (www.ibisworld.com), the \$979 million US dog-walking industry has grown in recent years, not only due to higher dog ownership, but

also due to the trend of treating Fido as a family member.

A Google search of “dog walking services” brought up 301 possibilities “near me” in Bellingham. One of them was Critter Visits.

“Critter Visits was created by pet lovers to give you peace of mind when you are away from your pets,” according to its website. “Our Critter Visitors ensure that your animals are safe, comfortable and happy by providing fresh food and water, love, cuddles, grooming, play time; daily exercise such as walks, playing Frisbee or ball, cleaning up accidents or other messes, on time administration of medications or supplements; poop scooping for your yard.”

Carin Cohen is the owner of Critter Visits in Bellingham.



Dog walker Meaghan Powell finds joy in walking Nola (the black dog) and Mason. Walks can be 15 minutes or more, and done at home, in the park or woods, in almost any weather.

“Wednesdays are our busiest days when we do 40-60 visits. We

walk dogs for people who are at work or at home on conference calls, or on vacation, and we may do several visits a day.”

Critter Visits has been caring for pets of all kinds; dogs, cats, birds, rabbits, chickens, turtles, fish and more since 2002. Cohen started walking dogs at age 12 and is still doing it now at age 52.

Patty Fisher is also a professional dog walker. Located in Bellingham, she has about 15 regular clients including schoolteachers, firefighters, work-at-home people, nurses, veterinarians, and dispatchers. She doesn’t work for a company, preferring to work directly with pet owners “because I can better know the pets and the clients.”

“I love dogs especially, but cats, too,” she says. In fact, she recalls, “I had to do an overnight

visit with just a cat!” She will “meet and greet” a pet owner and evaluate the pet care needs. Depending on what she finds, she will charge \$15 to \$30 per visit.

Meaghan Powell is employed by Critter Visits and does about 20 dog walks per week. “I’ve always loved animals and my greatest joy is seeing them happy. They are loyal creatures, and if you give them love, they give it back. There’s no judging, and that gives me joy!”

“We’re always looking for good people,” says Critter Visits’ Cohen. Her employees can earn from \$100 to \$1,000 every two weeks, and of her 16 employees, the longest has been with her for 12 years.

“At the end of every dollar we make, there is a waggy tail or furry butt,” she smiles.

Bellingham Scouts “Scouting for Food” November 12th

On Saturday, November 12, 2022, Bellingham Boy Scouts, Girl Scouts & Cub Scouts will be participating in Scouting for Food. This is a national program

which began in 1985 and is an annual food collection drive. All food & monetary donations go directly to Saint Blaise’s Loaves & Fishes Food Pantry, which ser-

vices Bellingham & surrounding towns. Last year 1,000 pounds of food and \$300 in monetary donations were collected.

Scouts will not be going door-to-door this year, but rather they will have 5 drop off locations:

- VFW Post 7272, 940 S. Main St., Bellingham: 9 a.m.- 12 p.m.
- North Community Center, corner Hartford Ave. & Maple St., Bellingham: 9 a.m.- 2 p.m.
- Saint Blaise Church, 1158 S. Main St., Bellingham: 9 a.m. - 2 p.m.



- Stop & Shop, 70 Pulaski Blvd., Bellingham: 10 a.m. - 2 p.m.
- Market Basket, 274 Hartford Ave., Bellingham: 9 a.m. - 2 p.m.

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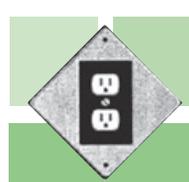
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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Bellingham-based Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends



when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what

Business spotlight

I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

The Schadlers say that Bellingham has been an excellent hometown for both Affordable Junk Removal and their Resellables shop, and they are proud to have many repeat customers and friends in the area.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call (774) 287-1133 or visit affordablejunkremoval.com.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

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Santa is Coming to Town

Once again, Santa will take to the streets in Bellingham on November 25th, 26th & 27th. Continuing with safety protocols again this year, no lap sitting will be allowed. A photographer will be on-hand to take photos with Santa for a \$5 donation, and of course all are welcome to take selfies with Santa from a social distance. Santa will be making the same stops that he made last year (see stops listed below). You can follow Santa's progress on the Bellingham Lions Facebook page as the elves will be making real-time updates to track Santa's route and approximate times of when he will be arriving at each stop. Santa will have donation boxes on board his sleigh for any families wishing to donate to Loaves and Fishes Food Pantry to help those in need this holiday season.

November 25th

28 Blackstone Street
Bellwood Circle & Mendon Street
(Pull in and turn around)
Main Avenue & 4th Avenue
Paul Road & RuthEllen Road
Caroline Drive & Stella Road
Stella Road & Sheila Drive
Caroline Drive & Lisa Ann Drive
Lisa Ann Drive & Theresa Drive
Lisa Ann Drive & Nason Street
Nason Street & Bruce Road
Bruce Road & Monique Drive
15 Walter Morse Road
Barret Lane & Hixon Street
7 Phillip Drive
Cedar Hill Road & Arrowhead Road
4 Cedar Hill Road
Rawson Road & Sagamore Road
13 Deerfield Lane
North Main Street & The Charles
(Formerly Jefferson)

November 26th

28 Blackstone Street
Silver Ave & Brion Road
Candlelight Lane & Silver Lake Road
Irene Court
Indian Run Road & Buffy Road 30
Whitehall Way
40 Fox Run Road
Laurel Lane & Little Tree Road
Bellstone Drive & Elm Street
45 Elvira Street
Essex Street
Central Street & Winter Street
9 Fairway Drive
12 Pine Acres
24 Rakeville Circle
Muron Avenue & Pinegrove Avenue
8 Deer Run Road
6 Ernie Drive

November 27th

28 Blackstone Street
Maple Brook Road &
Old Bridge Lane
323 Maple Brook Road
13 Sandcastle Lane
70 Highridge Road
(Sportsmen Side)
Highridge Road & Rhodes Way
38 Highridge Road
Rhodes Way & Highridge Road
20 Lizotte Drive
Susan Lane & Sharon Drive
Blackstone Street & Debra Lane
70 Stonehedge Road
33 Ray Avenue
John Alden Road & Plymouth
Road
Plymouth Road & Arapahoe Road
Arapahoe Road & Apache Road
10 Caryville Crossing

Do You Know Any Teens Passionate about Fighting Climate Change?

Several faith communities are joining together to form an Interfaith/ Inter-town (Franklin & No Attleboro) group of youth to learn, teach, lead and act to save our planet. You don't have to be a member of any faith community to be involved.

The first meeting will be on Sunday, December 4th at 7 p.m. at St John's to gauge interest and

plan our actions. Pizza provided. Please spread the word and bring your friends.

St John's Episcopal Church, 237 Pleasant Street, Franklin

For more information: Call (508) 528-2387, Email Rector@StJohnsFranklinMA.org, Like us on Facebook and Twitter, or visit www.stjohnsfranklinma.org .

Orthopedic Surgeon Brendan Kiernan, MD, Joins Milford Regional

Milford Regional Physician Group (MRPG) is proud to welcome Brendan Kiernan, MD, to its orthopedics practice. Dr. Kiernan will see patients at Milford Regional Orthopedics & Sports Medicine, located at 98 Prospect Street, Milford.

Dr. Kiernan, a Massachusetts native, comes to MRPG from University of California-Davis, where he completed a fellowship in adult joint reconstruction.

Dr. Kiernan earned his medical degree from Georgetown University School of Medicine, Master's Degree in Physiology and Biophysics from Georgetown University, and Bachelor of Science from Fordham University. He completed his orthopedic surgery residency at UMass Memorial. Following his time at Fordham, he worked for a year in international humanitarian efforts to aid underserved communities in Goma, the Democratic Republic of the Congo.

"I look forward to taking care of patients with a variety of hip and knee problems, such as arthritis, and other joint conditions," said Dr. Kiernan. "My practice focuses on partial and total knee and hip replacement, including revision procedures, to help patients keep doing the things they love, while improving their quality of life." In addition, Dr. Kiernan specializes in a direct anterior approach to joint reconstruction, resulting in decreased post-operative pain and faster recovery.

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The Clear Choice is Dooley for State Senate

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To keep our economy rolling and avoid the national recession, it is essential to support small businesses that create the majority of new jobs in Massachusetts. As a State Representative, Shawn Dooley is the only candidate with a proven track record of working with local businesses. He has supported initiatives and filed legislation to help small businesses thrive. Not only does Shawn have a perfect record in supporting small business, but he is also endorsed by the National Federation of Independent Business which is our nation's leading small business advocate.

Shawn Dooley is the candidate we can count on to help our local mom-and-pop stores that are the backbone of our economy.

On the home front, many families and seniors are worried about the rising price of gas, heating oil and groceries especially with the latest report showing inflation increased to a whopping rate of 8.2 percent. Once again, Shawn Dooley is the only candidate for State Senate with a proven record of working

political spotlight

to make Massachusetts affordable.

Just this year, he supported suspending the gas tax, because Shawn knows that by lowering the price of gas that helps drivers while also decreasing the costs for transporting products such as groceries and clothing. With the Commonwealth having a record surplus of \$3 billion in tax revenue and \$8 billion in the rainy day account, Shawn supports the 62F law to return the excess to the taxpayers.

Moreover, there is only one person in this race that opposes new taxes on gas and home heating oil. That's Shawn Dooley and it is one of the many reasons why he has earned a perfect 100 percent score in protecting taxpayers' wallets from Citizens for Limited Taxation.

As our next State Senator, we can count on Shawn Dooley to lower taxes whether it is the gas tax or the sales tax while working to reduce rising utility costs. He has the proven track record we can trust. That's why he has



"Shawn is one of the hardest working public servants I know. He is fiercely independent and his passion for helping people makes him the perfect choice for the State Senate. The Commonwealth of Massachusetts needs strong independent voices like Shawn Dooley. For the 8 years we have worked together – Shawn has been a tireless advocate for the people of his district and no one has worked harder to make our state a better place to live and raise a family. Please vote for Shawn Dooley for State Senate." Gov. Charlie Baker

earned the endorsements of Governor Charlie Baker, Governor Bill Weld and Lt. Governor Karyn Polito along with a slew of local officials and police associations.

Most importantly, Shawn Dooley is one of a very few independent voices. He always puts people ahead of politics and is never obligated to special interest groups. When he votes on an issue, he votes for the people not the party.

Whether it is supporting our police, lowering taxes, helping the economy or putting people ahead of politics, Shawn Dooley is the only candidate we can trust. His agenda is our agenda – not the special interest groups'. Shawn Dooley is the clear choice to be our next State Senator.

For more information on Shawn Dooley, visit Dooley4Senate.com

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Eyelid Margin Disease

BY: ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condition is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness of the eye, redness of the eye and a burning sensation.

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large

amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea”.

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.

What is demodex blepharitis?

Some people with oily (seborrhic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum) and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

What if I get a stye?

A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from ex-



cess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a stye, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)—an enlarged lump caused by clogged oil secretions in the eyelid.

Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.

Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.

Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo.

The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the “high” dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, 4 locations including a surgery center in Milford, our eye centers offer state-of-the art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of 8 providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

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Bellingham's Community Electricity Program to Soften Electricity Price Increases

New Electricity Supply Contract Prices Take Effect in December for Bellingham Power Choice

The Town of Bellingham has entered into a new, 12-month electricity supply contract with NextEra Energy Services for Bellingham Power Choice, which is the town's group electricity buying program. While the current electricity supply contract with NextEra Energy Services has kept program prices low, program prices will rise to market levels when the new electricity supply contract takes effect. However, the new prices will be lower than National Grid's record-high winter Basic Service prices, which will take effect on November 1.

The new price for Bellingham Power Choice Standard is 20.862 ¢/kWh. Most participants are enrolled in Bellingham Power Choice Standard. The new price for Bellingham Power Choice Green is 24.662 ¢/kWh. Bellingham Power Choice Green provides 100% renewable electricity from New England and is an option available by request.

While the new prices present a significant increase over current prices, the prices are significantly below National Grid's upcoming residential Basic Service price of 33.891 ¢/kWh, which will be in place from November through April. An aver-

age National Grid Bellingham Power Choice customer using 645 kWh/month will save just over \$84 a month this winter as a result of participating in the program. Together, Bellingham National Grid residents enrolled in the program are expected to save an additional \$2.2 million compared with National Grid's prices this winter, on top of the \$1.9 million total already saved by all participants since the program launched in early 2017. Eversource will change to winter Basic Service pricing on January 1, however, their winter prices will not be available until later this year. Because prices for both Eversource and National Grid change and future prices are not yet known, the program cannot guarantee to provide future savings.

Current program participants will receive a letter in the mail from the Town informing them of the new prices in the next few weeks. Participants will be automatically enrolled in the new contract with their December 2022 electricity meter read and do not need to take any action. The new prices will first appear on January 2023 National Grid and Eversource electricity bills.

Program participants retain the right to opt out of the program at any time with no fee or penalty. More information about the Bellingham Power Choice program is available at the program website, BellinghamPowerChoice.com.

For electricity customers having trouble managing their energy costs, National Grid has launched a Winter Customer Savings Initiative. As part of that, electricity customers can make their bills predictable from month to month by enrolling in budget billing with National Grid and get help with payment plans and income-based assistance. More information is available at the new website that has been launched to support this initiative: NationalGridUS.com/heretohelp.

Eversource customers can get help managing their energy bills, including help with payment plans and income-based assistance, on the Eversource website at Eversource.com/content/ema-c/residential/account-billing/payment-assistance.

All Bellingham customers can get help reducing the amount of energy used in the home with a no-cost home energy audit and other benefits from Mass Save. More information is available at MassSave.com.

Tour BVT at Open House November 16th

UPTON – Blackstone Valley Regional Vocational Technical High School will hold an Open House for prospective students and their families on Wednesday, November 16th, from 5:30 p.m. - 8 p.m. There is no pre-registration needed to attend this in-person event.

The evening is an opportunity to tour the state-of-the-art facility located at 65 Pleasant Street in Upton and see for yourself how BVT is transforming education and the lives of its students. Meet staff members who will be on hand as a resource

to answer questions about academics, student support services, student activities, and the admissions process.

The schedule of events will include mini-sessions featuring the Special Education program and the support available to students at BVT and during the application process. Also, learn more about the Spanish Immersion program and how to enroll.

If you are interested in learning more, visit www.valleytech.k12.ma.us/admissionsopenhouse.

BBA's 15th Annual Taste of Bellingham November 9th

The Bellingham Business Association invites you to sample food from local Bellingham restaurants and food vendors at the 15th Annual Taste of Bellingham on November 9th, 2022, from 6-8 p.m. at Frank Webb Home Bath, Kitchen & Lighting at 37 South Maple St., Bellingham. Tickets are \$10 in advance (purchase by Nov. 8th), and \$15

at the door. The annual Taste of Bellingham will feature music by Valley DJ Service, flowers by Brian's Country Greenery and interviews by MyFM 101.3.

To purchase tickets: contact contact@bellinghambusinessassociation.org or visit www.bellinghambusinessassociation.org

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Memorial Day/Veterans Day Committee Says Thanks

Dear Editor,

My name is Lori Fafard, and I attend to the flowers at the War Memorials at the Bellingham Town Common and Memorial Squares around town. I want to applaud the efforts by the team at the Bellingham Home Depot. They DONATED & HELPED plant geraniums, mandevillas, begonias, & impatiens at the start of the summer. At the start of autumn, they DONATED & HELPED plant again multi-colored mums. They are just

spectacular! Thank you, Bellingham Home Depot, for your generosity, time, & teaming with the town to support our veterans.

Much appreciated!

LORI FAFARD MEMORIAL DAY/VETERANS COMMITTEE



BWOT Holiday Activities

Muffins with Santa

The Bellingham Women of Today will welcome Santa for their 30th year of Muffins with Santa on Saturday, December 17th from 9 – 11:30 a.m. at St. Blaise Church Hall, 1158

S. Main St., Bellingham. Admission fee is \$5 per child with a maximum charge of \$15 per family. Children can meet Santa, give him their Christmas wish list while you are welcome to take your phone or camera photos. We will offer muffins, bagels, juice, milk and coffee. Food and beverage items are \$1- \$2 each. There will be free crafts and coloring pages for kids as well as raffle baskets and holiday items for sale. All proceeds will benefit local BWOT charities.

dents and anyone young at heart. The cost is \$2 for each letter or three for \$5. We will be taking requests at Muffins with Santa, December 17th, 9 to 11:30 a.m. at St. Blaise Church Hall in Bellingham, or send the name and address of child/children along with your name and phone number, payment, and any information you would like added to the letter, to BWOT, PO Box 405, Bellingham, MA 02019 before December 15th.

About BWOT

The BWOT is a nonprofit civic organization that has served Bellingham and surrounding communities for over 30 years. We would like you to join us as we continue to serve our community. We meet the 2nd Monday of the month at 7:30, September through June, in the Police department's conference room on Blackstone St. Bellingham. Contact us at BWOTmaevents@hotmail.com and visit us on Facebook.

Letters from Santa

Santa and his elves are so busy preparing for Christmas the Bellingham Women of Today will be helping him send personalized letters to anyone on your list. They are a great gift for children, seniors, college stu-

Enter to win Ro Kilduff's Annual THANKSGIVING GIVEAWAY
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Coming in November! Mass. Memories Road Show

Bellingham Library & Bellingham Historical Commission Collaboration!

Your Photographs are Part of History!

The Bellingham Public Library and the Bellingham Historical Commission invite you to share your photographs with the community by participating in the Mass. Memories Road Show (MMRS), which is coming to Bellingham on Saturday, November 5th from 10 a.m to 3 p.m. Whether you live or work in Bellingham, are a new resident or lived here your entire life, or have family roots here, we would love to have you come and bring up to 3 unframed photographs to be scanned into a digital collection.

Photographs can be original prints, digital images, or even cell phone images. We will scan your

photos, return them to you, and help you record your memories. You will be asked to describe the photos in your own words. In addition, you may also choose to share “the story behind the photos” on video, have your own “keepsake photo” taken, receive advice on caring for your family photos, and learn from one another about the history of your community. All photos will be added to the digital collection at openarchives.umb.edu.

The Mass. Memories Road Show is a statewide, event-based participatory archiving program that documents people, places, and events in Massachusetts history through family photographs and stories. Archivists and public historians in University Archives

and Special Collections in the Joseph P. Healey Library at UMass Boston collaborate with local planning teams and volunteers to organize free public events where individuals bring photographs to be copied and included in a digital archive. Since its launch in 2004, the Mass. Memories Road Show has digitized more than 12,000 photographs and stories from across the state, creating an educational resource of primary sources for future generations. To learn more about MMRS go to <https://blogs.umb.edu/mass-memories/>

If you have questions about the program, please contact Bernadette Rivard, Library Director & Secretary of the Bellingham Historical Commission at brivard@bellinghamma.org, (508) 657-2776.

Support Bellingham Music Programs!

Bellingham Friends of Music is a non-profit, volunteer run organization that supports the music, band, chorus, and color guard programs in Bellingham.

This year, we will be offering ads in the large paper programs at all the Bellingham High School and Bellingham Memorial School concerts starting with the three large holiday concerts in December. Each ad purchased will be featured for the whole year in every program at every concert. We are also looking for individuals and families to donate to our cause and become sponsors. Business ads start at \$50 and individual sponsorship starts at \$30. More information can be found at:

2022-2023 Concert Program Ads and Sponsorship.pdf

https://docs.google.com/document/d/1CtAKAdR3Cf95rocNNcBqH3XCK_ijTmPnvtgtVDjaoI/edit?usp=sharing

Bellingham Lions 2nd Annual Holiday House Decorating Contest Coming in December

Do you have the best outside holiday decorations?

The Bellingham Lions will be sponsoring the 2nd annual Holiday House Decorating Contest in December. Winners will be awarded for 1st place \$100, 2nd

place \$50, and 3rd place \$25. Online registration will open on December 1. Complete details will be provided in the December *Bellingham Bulletin* and on the Bellingham Lions Facebook page.

Library Resource of the Month – The Great Courses

The Great Courses Library Collection is a video streaming service which includes more than 250 courses for lifelong learning and personal enrichment. Bellingham Library cardholders have free access to the wide range of content that will capture your curiosity or help you improve in areas you are passionate about! Content is carefully curated, commercial-free, entertaining, and engaging. New content is added monthly. Guidebooks are included for each course to supplement course material.

Courses are taught by award-winning and trusted experts in their fields, covering a broad range of subjects. They are arranged in 12 categories: business and finance, food and drink, health and mindfulness, history, hobbies and personal pursuits, literature, mathematics, music, philosophy and religion, professional growth, science, travel and culture. There are also sections titled New Releases and Most

Popular. Just a small sample of some courses available are: How to Draw, Practicing Mindfulness, The Black Death, Tai Chi and Qigong, How to Play Chess, Mediterranean Cooking, Learning Spanish, Dog Training, and Great Tours of England, Scotland, and Wales.

This collection can be enjoyed on both Apple and Windows PC desktop platforms, as well as tablets and smartphones.

To access The Great Courses, go to the Bellingham Library's website at www.bellinghamlibrary.org. Click on the Online Resources tab, and then click Online Courses/Tutoring. Scroll down to The Great Courses and click on Libby Extras. It is also available through Overdrive's Libby app and Libby website. Once you put in your library card number, you can get a 7-day pass, which gives you full access to all content in the collection. When your pass expires, you can return to Libby to get another!



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McGovern Joins President Biden, Chef José Andrés as Featured Speaker at Second-Ever White House Conference on Hunger, Nutrition and Health

WASHINGTON—Chairman of the House Rules Committee Jim McGovern (D-MA) joined anti-hunger and health-care stakeholders from Massachusetts and across America at the White House Conference on Hunger, Nutrition and Health.

McGovern has been the driving force behind the conference, securing the funding in Congress, working with a bipartisan coalition to build support across the country, and collaborating with

opinion leaders like José Andrés, Tom Colicchio, and Soledad O'Brien to expand support. His work has garnered nationwide media attention from outlets like ABC, CNN, MSNBC, NPR, POLITICO, and Roll Call. In the lead-up to the conference, McGovern held over a dozen hearings and roundtables on topics such as hunger among veterans, seniors, students, rural communities, and indigenous communities.

McGovern spoke alongside Senators Corey Booker (D-NJ) and Mike Braun (R-IN), and White House Domestic Policy Advisor Ambassador Susan Rice. President Biden, U.S. Department of Health and Human Services Secretary Xavier Becerra, U.S. Department of Agriculture Secretary Tom Vilsack, and Second Gentleman Doug Emhoff spoke at the conference to hundreds of attendees from across America, including those with lived experiences of hunger, non-profit volunteers, tribal leaders, teachers, doctors, faith leaders and more.

“Together with a bipartisan group of Members of Congress, advocates, people who have experienced hunger, agriculture groups, medical experts, local elected officials, and private sector partners, President Biden boldly asked our country to unite

around the visionary goal of ending hunger and reducing diet-related disease. In the days ahead let us heed the President’s bold, bipartisan call to get to work. By making nutrition, food access, and healthy eating national priorities, the Biden-Harris administration is setting ambitious, achievable goals that will make a difference in the lives of millions of Americans. It’s now our job to turn these plans into action,” said Chairman McGovern.

The day before the conference, the White House released a National Strategy detailing the steps it will take to achieve the ambitious goals set by the conference and how it will call on participation from government agencies, nonprofits, and the private sector.

The first White House conference focusing on food and diet was held in 1969 under President

Nixon. That conference led to landmark legislation and nearly a decade of transformational progress in the fight to end hunger in America—spurring the creation and expansion of programs such as the Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps), the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and the National School Breakfast and Lunch Program.

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**COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT
PROBATE AND FAMILY COURT**

Norfolk Probate and Family
Court 35 Shawmut Road
Canton MA, 02021

**CITATION GIVING NOTICE OF PETITION FOR RESIGNATION
OF GUARDIAN OF AN INCAPACITATED PERSON**

Docket No. NO17P3058GD

**In the interests of: Michael Stearns
Of: Bellingham, MA**

To the named Respondent and all other interested persons, a petition has been filed by **Karen Stearns of Bellingham, MA** in the above captioned matter requesting that the court accept the Resignation of Guardian **Michael Stearns of Bellingham, MA**.

The petition asks the court to make a determination that the Guardian and/or Conservator should be allowed to resign, or should be removed for a good cause, or that the Guardianship and/or Conservatorship is no longer necessary and therefore should be terminated. The original petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before **10:00 A.M.** on the return date of **10/19/2022**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person’s right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.
Date: September 14, 2022

Colleen M. Brierley
Register of Probate

Bellingham Public Library News & Events for November

For updates to library programs and services, please see www.bellinghamlibrary.org.

Library Hours

Monday - Thursday 9:30 a.m. to 8 p.m., Friday 9:30 a.m. - 3 p.m.

The library is closed on Friday, November 11th for Veterans' Day.

The library will close at 1 p.m. on Wednesday, November 23rd through the Thanksgiving Holiday, and reopen Friday & Saturday of Thanksgiving Weekend.

Mr. Steve Announces His Departure from Bellingham

Steve Fowler, the beloved Mr. Steve, our children's librarian, has announced that his family will be relocating to South Carolina in December. For over 11 years Steve has fostered his love of books and everything libraries with the children and families of Bellingham. Steve has brought to Bellingham so many great, fun, and educational programs for not only the children, but their parents, grandparents, and caregivers. He will be missed. We wish Steve and his family all the best in their new adventures. The library staff and Trustees will miss his easygoing, friendly demeanor, but are so grateful we have had the opportunity to work with Steve over the past decade plus. Steve's last day is November 23rd, we invite you to stop by any time before then to wish him well.

Special Programs

Mass. Memories Road Show - Your Photographs are Part of History!
Saturday, November 5th from 10 a.m. to 3 p.m.

YOUR Bellingham photos ARE Bellingham history! Please consider sharing them to this statewide archive at the Bellingham Library on November 5th! Watch our ABMI Video at: [https://abmi8.org/video/2022-](https://abmi8.org/video/2022-09-22/mass-memories-road-show-bellingham-public-library)

09-22/mass-memories-road-show-bellingham-public-library Bring 2 to 3 unframed photographs- original prints, digital images or even cell phone images! All photos will be scanned and added to the digital collection at openarchives.umb.edu.

The Mass. Memories Road Show is a statewide, event-based participatory archiving program that documents people, places, and events in Massachusetts history through family photographs and stories let by archivists and public historians in University Archives and Special Collections in the Joseph P. Healey Library at UMass Boston. Contributors are invited to describe photographs in their own words. Since its launch in 2004, the Mass. Memories Road Show has digitized more than 12,000 photographs and stories from across the state. Learn more at <https://blogs.umb.edu/massmemories/>.

Upcycle Old Jewelry or Not Used Costume Jewelry into a Work of Art

Tuesday, November 15th from 6-8 p.m., Join Ana Mendes of AfonsoWay.com for this creative and fun class! Bring in your lightweight old jewelry or costume jewelry that you don't use anymore. WE will be taking it apart and gluing it to canvas to create a work of art. Heavy and bulky jewelry will not be a good fit for this project. Ana will bring in some of her assorted color beads and gems to add in case you don't bring enough. Adults only, space limited and registration (Bellingham residents only) by Nov. 5th. This program is made possible by support from the Friends of the Bellingham Library.

Dinosaur Bingo, Monday, November 7th at 4:30 p.m. For all ages. Please sign up in advance!

Pokemon Bingo, Tuesday, November 22nd at 4:30 p.m., Please sign up in advance.

For Kids

Our two **After School Programs** for kids in grades 4 and up are ongoing! Both programs are Monday through Friday. Even though the library closes at 3 p.m. on Fridays, the Community Room will be open on Fridays after school for Fun Fridays! Miss Amanda and Miss Diane will stay until 5 p.m. at the latest. Check the library calendar for details on activities.

- **After School Kids (ASK)** - for grades 4-6. When school is in session, ASK meets Monday-Thursday from 2:30pm-4:45 p.m. Stop by the Community Room after school to make crafts, use a Chromebook, play on the Wii, play board games and hang out with friends! Registration is required for this program. Questions? Contact Diane Nelson, dnelson@cwmar.org. Parents/caregivers of all registrants are signed up for our Constant Contact Newsletter.

- **Teen Room Activities** - for grades 7-12. When school is in session, Teen Room Activities are available Monday-Thursday from 2 p.m. -4:45 p.m. Stop by the Teen Room to use computers, play on the WiiU and Xbox1, play board games and hang out with friends! There is no registration needed for this program. Questions? Contact Amanda Maclure, amaclure@cwmar.org.

Other Children's Programs

Details on the programs below are available on the library website (<https://www.bellinghamma.org/library/kids>) and calendar (<https://bit.ly/3xMECCt>)

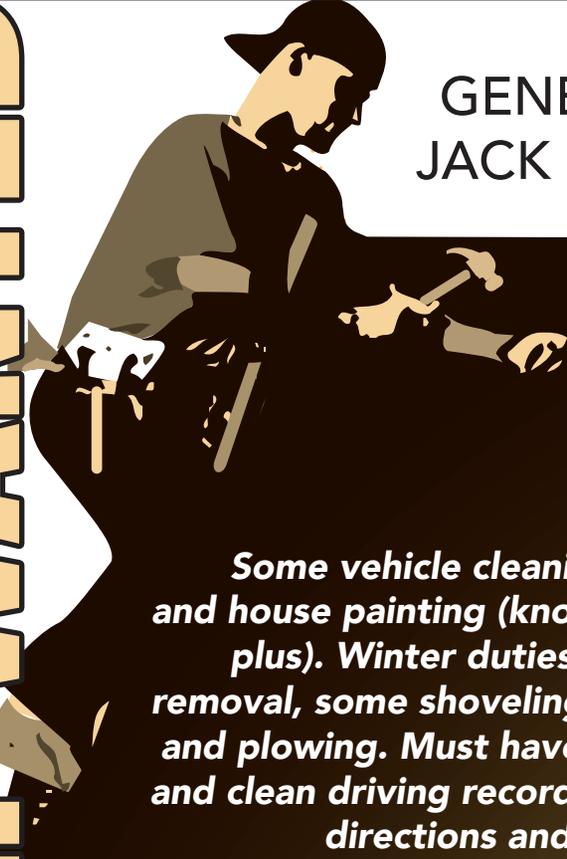
Ongoing programs include: AC & BC Book Club, Afternoon Stories & Craft, Alphabits, Baby Time, Homeschool Hangout, PJ Story Time, and Ring a Ding

Other Adult Programs

Additional details of these programs are available on the library calendar (<https://bit.ly/3xMECCt>)

- Book Club generally meets on the first Monday of the month, email Reference Librarian Cecily Christensen at cchriste@cwmar.org for details.
- Friends of the Library generally meet on the second Tuesday of the month at 7 p.m. Email library@bellingshamlibrary.org for details.
- Library Board of Trustees generally meets on the second Thursday of the month at 7 p.m. Email library@bellingshamlibrary.org for details.
- Adult Writing Group will now meet at the Bellingham Historical Museum on the second Thursday of the month at 6:30 p.m. Email marjorie@marjorieturner.com for details.

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Some vehicle cleaning, yard cleaning, and house painting (knowledge of carpentry a plus). Winter duties will include snow removal, some shoveling, cleaning off vehicles and plowing. Must have a valid driver license and clean driving record. Must be able to take directions and work alone.

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BFCCPS Accepting Applications

The Benjamin Franklin Classical Charter Public School (BFCCPS), located in Franklin, Massachusetts, will begin accepting applications for the upcoming 2022-2024 school year on November 1, 2022. BFCCPS is a regional public charter school for students in Kindergarten through Grade Eight. Founded in 1995, BFCCPS is one of the oldest and most successful charter schools in the state of Massachusetts.

Siblings of currently enrolled students will have priority enrollment status; thereafter applicants from communities in the school's district will have a chance at securing a spot for their child through the annual enrollment lottery to be held on March 1, 2023. Applicants from outside of the region (who reside within

the state of Massachusetts) will be eligible for enrollment should additional spaces remain after all sibling and regional applicants have been placed.

For the 2023-2024 school year 96 spaces will be offered for Kindergarten and students at all other grade levels will receive a waiting list number. Offers for Grades One through Eight would be contingent upon currently enrolled students electing not to return next year.

The school provides a well-rounded, rigorous academic program designed to educate the whole child providing courses in art, music, languages, technology, and physical education. The school's integrated character education, community service, and strong parent partnerships, have led to local, state and national

recognition. BFCCPS alumni continue to excel during their attendance at local public high schools as well as independent high schools.

Please visit <https://www.bfccps.org/> for enrollment details, including applications. Dates for enrollment information sessions and building tours will be added in the weeks ahead. Please note that the enrollment period will come to a close on February 17, 2023 at 4 p.m.

If you'd like to learn more about the educational mission of the school or have enrollment related questions please contact the school's Communication Coordinator, Joanne Basile at jbasile@bfccps.org or (508) 541-3434 x104.

Winter Candyland

If you've played the Candyland board game (and who hasn't at some time in their life!) you know it's colorful, filled with pictured sweet and good things to eat, and lots of fun and surprises! All this and more will be waiting for you to enjoy on Saturday, December 10th, from 9 a.m. to 3 p.m. at St. Blaise Church, 1158 South Main St., Bellingham, in the Parish Hall.

The Christmas Fair this year will feature many favorites such as the card game/win a basket, kids fishing game, the main raffle table, craft table, lottery ticket tree, and bake goods table. Some of the new additions for the

children will be a Penny Candy table, Pick a Pocket, seasons game, bean bag toss, guess how many kisses are in the jar and a Nativity scavenger hunt.

The man in red will be stopping by at 9:30...yes, Santa will be there to take pictures with children of all ages and listen to their Christmas wishes. Donated Christmas wreaths will be displayed on doors and wreaths will be raffled.

Our kitchen will be open for lunch beginning at 11 a.m. Join us for some amazing food.

Please mark it on your calendar and join us at St. Blaise for a wonderful family event.

2023 Metrowest Student Film Festival Seeks Submissions

Event Presented by The Center for Arts in Natick

The MWSFF is dedicated to showcasing the talents and creativity of the region's youth by providing an opportunity for young filmmakers and production teams to explore and create stories through motion pictures. Submission categories include: Live Action Shorts, Documentary Shorts, and Animated Shorts. Finalists among these student-created films will be shared with friends, families, and the community in TCAN's state-of-the-art screening room on May 7th, 2023.

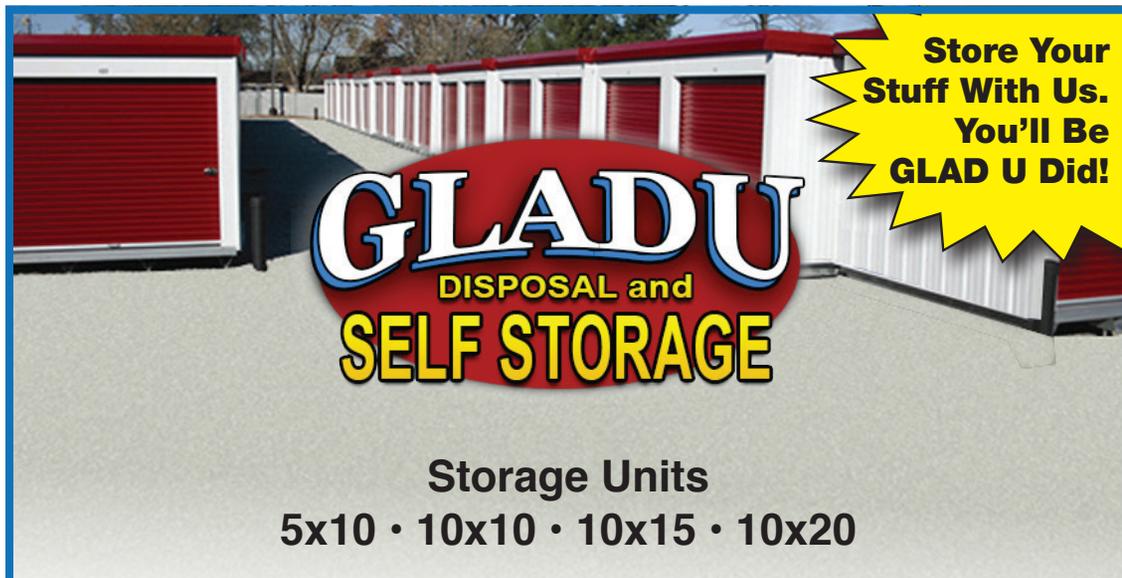
Now in its 5th year, MWSFF cordially invites current high school students ages 14-19 who

live in the following 32 cities and towns of MetroWest Massachusetts to submit their films: Ashland, Bellingham, Bolton, Carlisle, Concord, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Lancaster, Lincoln, Marlborough, Maynard, Medfield, Medway, Milford, Millis, Natick, Needham, Newton, Northborough, Sherborn, Southborough, Stow, Sudbury, Wayland, Wellesley, Westborough and Weston.

Rules and terms can be found on the submission website:

<https://filmfreeway.com/MetrowestStudentFilmFestival>

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Coming Up at the Bellingham Senior Center

The Bellingham Senior Center is located at 40 Blackstone St., Bellingham. Reach them at (508) 966-0398 or visit www.bellinghamma.org

MEMORY TRAINING: 4-week course held at Bellingham Public Library, to sign up for the next training, call Terri Graham at the Senior Center at (508) 966-0398.

TED TALKS: On the third Thursday of each month at 1 p.m., join us for informative 15-20 minute presentations with lots of time at the end to discuss. Hosted by Senior Center Director Josie Dutil.

CRAFT FAIR: November 5, 9-3 p.m. - The baskets for the raffle are ready and you can purchase tickets at the front desk at the Senior Center -- 1 ticket for \$1.00 or 6 tickets for \$5.00. We will have coffee and donuts in the morning at 9 a.m., and lunch at 11:30ish will feature hot dogs, dynamites, pizza, chips and soda! There is a bakery table as well, and we have 21 vendors. Music will be by Polka Paul from 10 - 1 p.m.

FREE TURKEY DINNER: Each year at Thanksgiving, the Lion's Club offers Bellingham residents

a special meal. Join us on Saturday, December 3 from 11:30 a.m. until 1 p.m. Limited to 100, so please call the Center and sign up. (508) 966-0398.

THE GIVING TREE: For the past 19 years, "Knitters" at the Senior Center have produced hats, mittens, and more, donating hundreds of pieces to the St. Blaise Food Pantry, Milford Hospital, and several local nursing homes. If you'd like to contribute, bring your contribution to the Senior Center before the end of November. For info., call Abby at (508) 966-3788.

WALKING GROUP: Lisa Loo is leading a new walking group on Wednesdays from 10-11 a.m. at the Town Common and everyone is invited! There are many benches so you can sit and rest if you want/need to. Don't forget the walking group on Fridays at 9 a.m. at the SNETT on Center Street led by Tsune Roberts.

SENIOR LUNCH PROGRAM: The drive-by senior lunch program is 2 days a week — Tuesday and Thursday for Bellingham

seniors for \$3.00. Please call the Senior Center to sign up for the lunches. PJ's will be catering the lunches for November.

SMOC FUEL ASSISTANCE: We are now taking appointments. Call the Senior Center to schedule once you have gathered all your paperwork. Many who are approved for fuel assistance also qualify for SNAP food assistance. Please inquire as we can assist you in applying.

Tri-County Regional Chamber Recognizes Milford Regional with Humanitarian Award

Milford Regional Medical Center was the recipient of another community accolade this summer. The Tri-County Regional Chamber of Commerce, formerly the Milford Area Chamber of Commerce, presented its 2022 Humanitarian Award to Milford Regional. The award recognized the hospital's dedication, service and support during the pandemic.

"This award is for every single doctor, nurse, office worker, the maintenance crew—really every single person who works at the hospital," Chamber President Laura O'Callaghan said at the chamber's Aug. 10 annual meeting and award presentations. "We wanted to recognize all those who were and continue to be on the front lines."

Over the course of three COVID-19 surges, Milford Regional treated more than 1,800 COVID-19 inpatients. And, the Milford Regional Healthcare Foundation worked diligently

with the Purchasing Department to distribute thousands of COVID-focused donations including masks, sanitizer, ponchos, gloves and eye protection.

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Assisted Living Locators Metro West Massachusetts Gives Tips on How to Pay Less for Assisted Living

As Americans grapple with inflation and increased costs, Assisted Living Locators Metro West Massachusetts, a local senior placement and referral service, is giving tips on how to pay less for assisted living.

“Long-term care expenses at assisted living facilities and nursing homes are climbing, as the industry copes with inflation,” said Mary Zabian, Assisted Living Locators Metro West MA Owner/Senior Care Advisor and Bridgewater resident. “I have seen move-in fees at assisted living facilities jump from \$5,000 to \$10,000, or monthly rental fees increase by an unprecedented 10%.”

Assisted Living Locators offers these tips to choose the right community and stretch your dollar.

1. **Get The Right Amount of Space.** Assisted living communities offer residents a choice of room size. Remember your senior will be socializing in common areas and eating in large dining rooms. Reduce costs by opting for the smallest, most livable space for their personal room.
2. **Consider A Roommate.** In many senior living communities, a shared space is more cost-effective than a single room or apartment. Sharing a room can be safer and prevent loneliness, a common problem among the elderly.
3. **Go Small on Community Size.** Smaller assisted living residences tend to be less expensive than the larger communities and offer the same quality of care.
4. **Look Nearby.** Sometimes the cost of assisted living communities is driven by the cost of real estate. Look in neighborhoods where the cost of living is less expensive. Traveling an extra 30 minutes to a rural or suburban area can result in a meaningful reduction in rent and care costs.
5. **Time Your Move-In.** Assisted living communities, especially larger ones, have financial pressures the same as other businesses. They are often willing to give price breaks at the end of month or their financial quarter.
6. **Get Only What You Need.** Many assisted living communities will offer an all-inclusive services package. Instead, review the a la cart offerings and only select those services your senior really needs.
7. **Have More Than One Option.** Potential residents should always have more than one option for assisted living to increase bargaining power and likelihood of getting incentives, as well as minimizing items such as community fee. It also provides a client with a Plan B should the assessment of the senior not go well.

“Paying for senior care can quickly become a financial burden to seniors and families who may not know their options” explained Zabian. “It’s important to seek senior living advice. I personally work with families to help save money and reduce costs of long-term care.”

SAFE Coalition Moves Back to Franklin

By J.D. O’GARA

The SAFE Coalition, an organization educating and supporting those affected by substance use disorder and mental health concerns across southeastern Massachusetts, moved back to Franklin last month. The organization, which had found a home in Norfolk for the past couple of years, has expanded and settled into a new space at Moseley Mills, 31 Hayward Street, Franklin.

“We’re moving because we have opened up a family recovery center in addition to our offices,” says SAFE Coalition President Jennifer Knight-Levine. The move not only allowed the group more space, but the new space allows for specific styles of support in their own areas, says Knight-Levine.

“There is a living room-style family support center for integrated support groups, there is a vaping education space, there is a teen after-school activity

space, and private clinical meeting rooms,” says Knight-Levine, adding, “Last year, we received a grant to open up a family recovery center. We had been looking for a spot locally that felt warm and healing, and once we came to the Moseley Mills and saw the space, we knew that it was time to move.” The new space allows for the both the program and the family recovery center all under one roof.

“We are really excited,” says Knight-Levine. “It will allow us to increase the amount of teens we can meet with weekly and provide social-emotional education related to mental health and substance abuse.”

At press time, furniture for the space had been back ordered, with Only Prettier Design tasked with creating a warm, inviting space, but Knight-Levine assured Local Town Pages that, despite appearances, the SAFE Coalition was still continuing its work. The organization runs several support groups for those influenced by substance use disorder and mental health struggles, among them Unconditional Love, a peer recovery program for those struggling with substance abuse, Road to Recovery and Learn 2 Cope, for parents and family members of those who struggle with SAD, Grandparents Raising Grandchildren, and an Adult Sibling Support Group. The group also



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works with a number of school systems, police, and fire as well as the District Attorney’s Office and Sheriff Departments to help provide educational programs and support services to those struggling with substance abuse and mental health issues.

Last month, the SAFE Coalition received a \$300,000 grant from The Bingham Trust.

“They have provided us with \$150,000 this year and (will provide) \$150,000 next year,” says Knight-Levine. Those funds will

allow SAFE to post the vaping diversion program many schools use as a suspension alternative. The Vaping Diversion program will begin the first week of November. Anyone interested can reach out to info@safecoalitionma.org.

For more information about the SAFE Coalition, visit www.safecoalitionma.org or find the group on Facebook. If you need help, call the hotline at (508) 488-8105.

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Norfolk Registry of Deeds a Resource for Genealogy, History Enthusiasts

Register of Deeds William P. O'Donnell today reminded genealogy enthusiasts and those with an interest in the rich history of Norfolk County that all Registry hand-written land documents have been transcribed and are available for viewing via the Registry website -www.norfolkdeeds.org.

Register O'Donnell noted, "Interest in online genealogical research has increased dramatically, particularly since the beginnings of the COVID-19 pandemic back 2020. According to USA Today, genealogy is the

second most popular hobby in the U.S. after gardening, and the second most visited category of website. If you are have always been curious about your family history or local history, the Norfolk County Registry of Deeds can be a valuable source of relevant information via its online research offerings."

A few years back, the Registry and its vendor completed a project which transcribed all our hand-written land documents dating back to 1793. This "History Comes Alive Initiative" transcribed over 450,000 hand-

written documents that were recorded at the Norfolk Registry of Deeds between 1793 and 1900. Prior to this effort, these cursive documents were in many cases difficult to near impossible to read. With the transcription project completed, over 8 million land document images can be accessed for viewing from the comfort of your home via the Registry website, www.norfolkdeeds.org.

Learning about this project, David McCullough, the famous American historian and author who just recently passed away

stated, "I was fascinated and delighted to learn about the way the Norfolk County Registry of Deeds and Xerox Corporation are transcribing the historical deeds into easy to read computer text, and I say this as one who has spent a great deal of my working life struggling to read original letters and diaries and other old documents ... you are making an important contribution and I send my warmest congratulations."

It should be noted that while the transcribers made a best effort to translate these hard to

read documents, their accuracy is not guaranteed. "These transcribed documents," noted O'Donnell, "are not legal documents in and of itself, and are not considered binding on the Norfolk County Registry of Deeds or its employees. It is considered merely a convenient reference for Registry users. For documentation purposes, users should refer to the scanned image of the original document instead of the transcribed image."

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2. Jen lives in Colorado but comes home to visit her mom and dad for Thanksgiving. Jen borrows the family car and has an accident. Would the parents' insurance policy cover the claim even though Jen has not been listed as a driver for several years?
3. Jessie and Tiffany go shopping on Black Friday. They leave the gifts in their car overnight, and when they wake up they discover that all the gifts have been stolen. Would their auto insurance cover the stolen items?

Answers: 1. Yes, most policies include Host Liquor Liability Coverage. Be sure to check your policy! 2. Since Jen is an irregular driver and not a household member, the claim would be covered. 3. No, the auto policy would not respond. However, their homeowners or renters insurance would cover the theft.

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Hockomock Area YMCA Celebrates at Gillette



Hockomock Area YMCA leadership, left to right, President & CEO Jim Downs, Board of Directors Vice Chair Farzin Karim, Board of Directors Chair Eric Kevorkian and Board of Directors Immediate Past Chair Mary Clermont.

The Hockomock Area YMCA held its annual Campaign Breakfast on September 15th at the Gillette Stadium Putnam Club in Foxborough.

Eric Kevorkian, chair of the Board of Directors at the Hockomock Area YMCA noted, "This annual gathering of caring, compassionate members of our community never fails

to inspire me, and never fails to remind me of why I'm involved and why what the Y does is so important."

The Y's annual fundraising campaign, known as Reach Out, ensures this non-profit organization continues to address diverse, emerging, and critical human needs across the 15 communities they serve.

Special guest speakers included friend of the YMCA Norm Bossio and YMCA member Nadine Bullock.

The Hockomock Y's Board of Directors issued a \$50,000 challenge to event attendees, matching all leadership gifts of \$500 or more. Vice Chair of the Y's Board of Directors Farzin Karim shared her own personal story, "I benefited because someone just like one of you in this room, made a donation to the Y and allowed me to experience camp for a couple of weeks at a local YMCA. And in that experience at the Y, it changed my life. You have an opportunity to change someone's life this morning and make a difference."

The Hockomock Y's goal is to raise \$1.4 million for this year's campaign. The Breakfast

event raised \$203,000, bringing the total raised to-date to \$1.2 million for this year's campaign. To make a gift or learn how you can volunteer, visit www.hockymca.org/give

MassBay Welcomes Seven New Foundation Board Members

MassBay Community College Foundation Board is pleased to welcome seven new board members to join the non-profit organization. The seven new board members bring a wide range of perspective and expertise to help the MassBay Foundation Board grow and fulfill its mission of increasing the College's revenue base to support scholarship awards, meeting its capital needs, building and engaging a community of support, and contributing to the overall fiscal strength of the institution.

The new board members include:

- **Christopher Bissada**, of **Sherborn, MA**, an endodontist in Norwood, Dedham, and Franklin
- **Chris Cavallerano**, of **Wellesley, MA**, the Founder of Motivio, Inc.
- **Jean Dyer**, of **York, ME**, the former MassBay Director of Nursing and registered nurse

- **Tony Loftis**, of **Natick, MA**, an independent communications consultant

- **Tina Kao Mylon**, of **Lincoln, MA**, the Chief Talent and Diversity Officer for Schneider Electric

- **Todd Ofenloch**, of **Wellesley, MA**, a Managing Director of H.I.G. Capital

- **Stacy Okada**, of **Wellesley, MA**, an alumna of MassBay and Biochemist at Next Generation Sequencing

The MassBay Foundation Board annually awards more than \$250,000 to approximately 370 students, ensuring they have the financial means to continue their studies at the College.

Anyone interested in supporting MassBay student scholarships is encouraged to make a tax-free donation at www.MassBay.edu/give.



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Milford Regional Receives 5-Star Rating for Overall Hospital Quality

The Centers for Medicare and Medicaid Services (CMS) released its 2022 overall hospital quality star ratings, and once again, Milford Regional Medical Center has received a five-star rating; the highest rating given by the national agency.

Milford Regional was one of only 11 hospitals in Massachusetts and 429 hospitals nationally to receive the five-star rating, which is based on data compiled from 2021. MRMC received the same five-star rating last year.

CMS' ratings are calculated by taking the weighted average of the hospital's score from each of the five measured categories which include mortality, safety of care, readmission, patient experience and timely and effective care.

Campaign to Build Domestic Violence Shelter Raises \$7 Million

Attleboro, MA - New Hope announced last evening at their Campaign Celebration at Lake Pearl that they have raised over \$7 million through their Framing the Future Campaign, proceeds of which will be used to build a confidential emergency shelter in Northern Bristol County for families experiencing domestic violence.

The new 14 bedroom, 11,000 square foot shelter will offer survivors a temporary home where they can feel safe, respected, and heard, so that the healing process can begin. Each bedroom will have a private bath for families, including two ADA accessible bathrooms. The new shelter will have dedicated education space, a commercial sized kitchen, large play space for age-appropriate child development activities, and living space that accommodates group activities, as well as private space to be alone.

Several large grants helped the organization exceed their goal, including a \$2 million

federal earmark that Congressman Jake Auchincloss, MA 4th District, was instrumental in helping to secure, a \$2.8 million state grant, and \$500,000 from the City of Attleboro.

In addition, several private foundations and individuals made transformational gifts to the campaign, including the Kraft Philanthropies, Bristol County Savings Bank, the Spier Family Foundation, and the Balfour Foundation.

In Massachusetts, 1 in 3 women & 1 in 5 men report having experienced rape, physical violence, or stalking by an intimate partner in their lifetime.

New Hope is a 501(c)(3) non-profit organization serving those affected by domestic and sexual violence. Our service area includes the 41 communities in Bristol, Norfolk and Worcester counties. We believe that every person has the right to live a life free of violence and exploitation.

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Fire Officials Urge Home Heating Safety When Using Fireplaces, Wood Stoves

With home heating prices expected to rise this winter, Massachusetts fire officials are emphasizing fire safety for residents who plan to use fireplaces, woodstoves, and other solid fuel heating appliances at home.

“We anticipate more people using a fireplace, wood stove, or other solid fuel to heat their homes this winter,” said State Fire Marshal Ostroskey. “We want everyone to keep warm and keep safe. If you’re burning wood, pellets, or coal, we recommend having your chimney and flue professionally inspected and cleaned first. When burning, use a screen to keep embers inside and keep anything that can burn at least three feet away on all sides. And when you’re done, remember that ashes can stay hot for days. When disposing of them, shovel them into a metal

bucket with a metal lid and place it outside on the ground away from the home, porch, and garage.”

“Home heating equipment is the second-leading cause of residential fires and the primary source of carbon monoxide in the home,” said Chief Vuona. “Having your furnace and water heater checked each year can help identify problems before they become emergencies. If you use a space heater, be sure it’s listed by a nationally recognized testing laboratory like UL or Intertek/ETL. Always plug it directly into a wall outlet, not an extension cord or power strip, and keep it at least three feet from anything that can burn. Finally, no matter how you heat your home, it’s important to have working smoke alarms and carbon monoxide alarms on every level. Combined with a prac-

tical home escape plan, they’re your first line of defense against deadly hazards.”

The Low Income Home Energy Assistance Program (LIHEAP) also provides eligible households with help in paying a portion of winter heating bills. You can learn more about LIHEAP at <https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>.

Home heating equipment causes about 1,400 residential fires each year in Massachusetts, including two fires that claimed three lives in 2021. To address this, the Department of Fire Services launched the Keep Warm, Keep Safe campaign, available at <https://www.mass.gov/service-details/learn-about-winter-home-heating-safety>.

Bellforge Holiday Stroll 2022

8th Annual Holiday Stroll and Sale in Medfield December 2, 4-9 p.m.

Experience the spirit of the season at Medfield’s annual festive family event featuring 40 artists at three indoor sites, food trucks, carolers, ice sculpting demonstration, MEMO’s outdoor tree lighting ceremony, and much more! All events are within walking distance, FREE admission and parking.

For more on Bellforge Arts Center, visit bellforge.org.



Sports

BHS XC Team Bringing Home Medals

The Bellingham High School Cross Country team has been off to a strong start this season, winning their first meet at home against Douglas and finishing the regular season with a win against Dedham for both the boys’ and girls’ team. In addition to regular season meetings, numerous members of the team have received medals at invitational meets.

On Saturday September 24th, the team traveled to Rhode Island to the Ocean State Invitational. For the girls, Elizabeth Raigan came in 1st, Emma

Smith 2nd, and Captain Casey Hasslebaum 12th in their heat. Jenna Dormady came in 13th and Caleigh Hayes came in 14th in their heat. For the boys, Captain Colin Thibeault finished 19th in his heat.

Emma Smith also competed in the Twilight Invitational on Saturday October 15th and came in 3rd in her heat.

The team is off to the Coach’s Invitational on November 5th at the Wrentham Development Center, and State Divisional Meet on November 12th at Gardner Golf Course.



Capt. Colin Thibeault finished 19th in his heat in the Ocean State Invitational.



Shown, Emma Smith (2nd place), Casey Hasslebaum (12th place), and Elizabeth Raigan (1st place) at the Ocean State Invitational.

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Sports

BHS Volleyball Team Aiming for Another Playoff Berth

By KEN HAMWEY,
STAFF SPORTS WRITER

Tournament berths have become a standard operating procedure for the Bellingham High girls' volleyball team.

Coach Steve Mantegani, who's guided the squad to four tourney berths in six years, is hoping his seventh season at the helm will produce a fifth straight playoff appearance.

At the Bulletin's deadline (Oct. 15), BHS had a 4-10 record, numbers that seem like a longshot for earning a tourney invitation. Last year, however, the Blackhawks qualified with a 3-17 record, benefitting from a new power-ranking system that gives weight to strength of schedule and margin of victory/defeat.

"The goals we set at the start of the season were to qualify for the playoffs, to be competitive in the Tri Valley League's Small Division, and to continue to improve in matches and in practice," said Mantegani, who was a two-time all-star in volleyball at Milford High. "Another tourney berth is realistic, because we've got enough talent and our league is one of the most competitive in the state. Last year, eight TVL schools qualified for the playoffs."

The 51-year-old Mantegani, who also was a sectional champion in wrestling at Milford, is optimistic about a fifth tourney berth because of his team's strengths. "We've got nine players who've got varying degrees of experience," he said. "Our volleyball IQs are high, our ball control is good, and we're athletic. Also, our technical skills are sound and the players are very coachable."

Mantegani's squad is young and he knows his team's experience level will be better in the years ahead. But he likes the team's depth and labels it a plus because of his squad's versatility. "If our talent and team chemistry can blend, we should be in line for a tourney berth."

Bellingham's captains are good examples of talented, team-first players. They include senior Carly Larose (right-side hitter) and juniors Ciara Crayton (outside hitter/middle hitter) and Ari



The 2022 girls' volleyball team at Bellingham High hopes to be competing in post-season play.

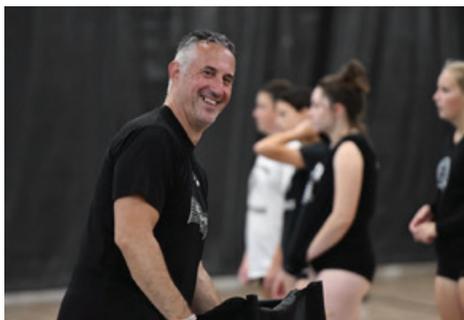
Elster (setter).

"Carly has a high volleyball IQ, she can jump and gets timely kills," Mantegani said. "A quality captain, she leads by example and makes few mistakes on the court. Ciara is athletic, blocks and attacks well, has a great work ethic and leads by example. Ari has good hands, sets well by moving the ball to the hitters and is solid on defense. She's an effective server who has a high volleyball IQ."

Four seniors who bring a variety of strengths to the table include Olivia Sullivan (middle hitter), Hannah Casey (outside hitter), Rena McFall (right-side hitter), and Emma Clinton (setter).

"Olivia is tall, and she hits and blocks well," Mantegani said. "Hannah plays solid defense, and she can pass. Very consistent, she makes few mistakes. Rena is tall at 5-11, she's a strong blocker who can hit hard. Emma is quick, never gives up, is athletic and sets capably to the outside hitters."

Two top-notch sophomores in key roles are Maya Jackson (outside hitter) and Taylor Callery (setter).



Steve Mantegani is in his seventh season as the girls' volleyball coach at Bellingham High.

"Maya is a two-time TVL all-star," Mantegani said. "A 5-foot-9 hitter, she's athletic, a fine passer who moves quickly, and she's got a high volleyball IQ. She's our No. 1 hitter and blocker. Taylor has missed some matches because of a back injury. She's tall at 5-9, has good hands, works hard and is a smart player who has club experience."

The two freshmen on the roster are Jacobi Houston (setter) and Valerie Nolan (outside hitter). "Jacobi is very athletic, quick to the ball, has strong hands and is a great server," Mantegani noted. "Valerie is a very good passer, an adept defender, and her hitting is improving."

"Kateri is a good hitter and a great defender who was our best blocker," Mantegani emphasized. "She's been to practice every day, and I believe she'll be back as a senior and compete in spectacular fashion."

Mantegani has a wealth of athletic knowledge and experience. After a successful career in volleyball and wrestling at Milford High, he enrolled at the University of Southern California where he played club volleyball and majored in exercise and sports sciences. He later earned a master's degree in physical therapy at the University of Delaware.

A native of Marlboro, he's coached club volleyball and also was an assistant coach for two years at Bucknell University in Pennsylvania. He also served as an assistant at Holy Cross for a year. He works as vice president of operations for Select Medical, a health-care corporation.

Mantegani relies on a coaching philosophy that emphasizes developing skills and passion for volleyball. "If those two things are in the mix along with working hard in practice, then winning will be the by-product," he said. "And, there's valuable life lessons that my players can learn from athletics, like how to be a quality teammate, how to overcome challenges and adverse situations, and that you have to earn everything."

Steve Mantegani's volleyball teams have learned their lessons in a productive way. If the COVID-19 year is excluded and his current BHS squad gets a tourney invite, then it will mark five straight seasons of playoff volleyball for the Blackhawks.

A pair of talented eighth-graders — Mia Milani (middle hitter) and Sophia Soto (libero) — are not only assets for the future, but they're also in the mix for playing time.

"Mia is very athletic, and at 5-foot-9, she jumps and hits effectively," said Mantegani. "She works hard in practice and is learning the game quickly. Sophia is our best passer, and she's a great jump server. She competes with a lot of energy."

It's been said that injuries are part of the game. They are, but it's unfortunate that 5-foot-9 junior Kateri Ducharme, a middle hitter who's recovering from a torn ACL, will miss the entire season. She was a TVL all-star last year as a sophomore.

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Register O'Donnell's "Suits for Success" Program Makes a Donation to Interfaith Social Services.

Recently, the Norfolk Registry of Deeds, as part of its "Suits for Success" program, donated boxes and racks of clothing and shoes to Interfaith Social Services in Quincy.

The "Suits for Success" program, developed by Register William O'Donnell, in partnership with several local charities, collects donations of suitable clothing to be distributed to groups like the Interfaith Social Services and to individuals who may need appropriate attire for employment interviews.

The Interfaith Social Services, located at 105 Adams Street in Quincy, is a non-profit group with 8 staff members and over 100 volunteers that for more than sixty years has provided a variety

of services to members of the community who may need assistance with various social needs. Interfaith Social Services accepts donations of clothing to be sold at its popular "Career Closet". "We greatly appreciate Register O'Donnell's efforts to assist us in supporting our programs and helping us to provide much needed services to our neighbors in need", stated Charlene Manning, Interfaith's manager of the "Career Closet" program. More information can be found at their website:

<https://interfaithsocialservices.org/thrift-shop/>

To donate to "Suits for Success", individuals need to bring their donated clothes to the Norfolk County Registry of Deeds,

649 High Street in Dedham between the hours of 9:30 a.m. and 3:30 p.m., Monday through Friday. Donations of business appropriate attire for men and women must be clean, no stains, in style, on hangers or neatly folded. The donation may also be placed in either re-useable tote bags, or green plastic bag. Suggested donations include suits, dress shirts, pants and ties for men and dresses, suits, blouses, skirts and pants for women.

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram. [com/NorfolkDeeds](https://www.instagram.com/NorfolkDeeds).

Franklin Art Association to Feature Watercolor Artist Aissis Nov. 2



Jerry Aissis will be the Franklin Art Association Demo Artist at the Nov 2, 2022, 6:30 p.m. monthly meeting at the Franklin Senior Center. The Public is invited to attend.

Jerry didn't start his journey into the world of watercolor



until he retired from 33 years of teaching. He got hooked taking workshops at the Rhode Island Watercolor Society where he met many wonderful people, interacting with their ideas and advice. "I truly believe that to learn to paint, to learn to grow and develop as an artist, you must surround yourself with people who share that same love and desire." Artist Al Albrekston's influence

ARTIST

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ARTIST

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helped Jerry develop his style and technique.

Jerry enjoys painting landscapes and seascapes in a loose approach, avoiding too much detail. Bright, bold colors are his passion, and warm colors dominate his paintings. "There is inspiration all around you. Never stop looking. Never stop painting."



Calendar

November 1	November 7	November 10	November 15
<p>Tri-County Regional Chamber Business After Hours, 5-7 p.m., members free, guests \$25, includes food, cash bar, raffles, prizes, Hopedale Pizza Market, 1 Menfi Way, Hopedale, https://lnkd.in/eCGRt-tT</p>	<p>BHS Operation Graduation Powderpuff Game, 6 p.m., fundraiser for graduation night senior party, \$10 per BHS student participant, \$5 admission for spectators, concessions available for purchase</p>	<p>Mingle @ the Mill, 6-8 p.m., Drift & Oak, at the Stone Mill, 165 Main St., Medway, networking, bites & beverages, 50/50 raffle, door prizes</p>	<p>Upcycle Old Jewelry or Not Used Costume Jewelry into a Work of Art, 6-8 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, adults only, register by Nov. 5, led by Ana Mendes of Afonsoway.com</p>
November 4	November 8	November 11	November 16
<p>Tri-County Regional Chamber Business presents Leads & Lunch, 11:30 a.m. – 1 p.m., Mozie's Kitchen at the Turtle, 72 Main St., Milford, Guest Speaker Jeffrey Katz of Katz Financial Services on "10 Retirement Risks: Do You Have Them Covered?"</p>	<p>Election Day, 7 a.m. – 8 p.m., Bellingham High School</p>	<p>Veterans' Day, Bellingham 10th Annual Veterans' Day program, 11 a.m., Bellingham Public Library, 100 Blackstone St., Bellingham</p>	<p>Annual Town Meeting, 7:30 p.m., Bellingham High School auditorium</p>
November 5	November 9	November 12	November 26
<p>Mass. Memories Roadshow, 10 a.m. – 3 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, town residents invited to scan up to 3 unframed photographs for digital historical collection</p>	<p>BBA's 15th Annual Taste of Bellingham, 6-8 p.m., Frank Webb Home, 37 S. Maple St., Bellingham. Tickets \$10 in advance by Nov. 8th, \$15 at door, sample food from Bellingham restaurants and food vendors. Visit www.bellinghambusinessassociation.org</p>	<p>Bellingham Boy Scouts, Girl Scouts & Cub Scouts Scouting for Food, food drive to benefit St. Blaise's Loaves & Fishes Food Pantry, serving Bellingham & surrounding towns. VFW Post 7272: 9-12, North Community Center: 9-2, Saint Blaise: 9-2, Stop & Shop: 10-2, Market Basket: 9-2</p>	<p>Blackstone Valley Tech (BVT) Open House, 5:30-8 p.m., 65 Pleasant St., Upton, www.valleytech.k12.ma.us/admissionsopenhouse</p>
November 9	November 14	<p>GROW YOUR BUSINESS with Local Town Pages! Call Today! Jen 508-570-6544</p>	
<p>Mass. Memories Roadshow, 10 a.m. – 3 p.m., Bellingham Public Library, 100 Blackstone St., Bellingham, town residents invited to scan up to 3 unframed photographs for digital historical collection</p>	<p>Bellingham Women of Today (BWOT) meeting, 7:30 p.m., Bellingham Police Department conference room, BWOTmaevents@hotmail.com or find them on Facebook.</p>		
November 14	November 15		
<p>Bellingham Senior Center Craft Fair, 9 a.m. – 3 p.m., 40 Blackstone St., Bellingham</p>	<p>BHS Prism Concert (small chamber ensembles), 7 p.m., Bellingham High School, 60 Blackstone St., Bellingham</p>		
November 15	November 16		
<p>Franklin Newcomers & Friends Craft Fair, 9 a.m. – 3 p.m., Tri-County Regional Technical Vocational High School, 147 Pond St., Franklin, \$3 admission for those over 12, also accepting donations for Franklin Food Pantry</p>	<p>Ladies of St. Anne Sodality Yankee Swap Meeting, 6 p.m., St. Blaise Parish Hall, 1158 S. Main St., Bellingham; open to Bellingham women 18+, swap gift cap of \$20, no food or sized clothing. For more info., contact Jay Castonguay, President, (774) 262-9605.</p>		

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